



LOADED MEDITERRANEAN SWEET POTATO FRIES

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 540/SERVING



This crave worthy meal has caramelized sweet potatoes, briny olives, crispy lettuce, crunchy red pepper, herby parsley and spicy pepperoncini — plus a vegan tzatziki drizzle to bring it all together.

WHAT YOU'LL NEED

- Silicone baking mat (optional)
- Baking sheet
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Sweet potatoes	1-2	2-4
Chickpeas	1 cup	2 cups
Kalamata olives	1/3 cup	2/3 cup
Vegan tzatziki	1/3 cup	2/3 cup
Bell pepper	1	2
Cherry tomatoes	1/2 cup	1 cup
Parsley	1/8 bunch	1/4 bunch
Cucumber	1	2
Romaine heart	1 head	1 head
Pepperoncini	1-2 pc	2-3 pc

Nutrition Facts Valeur nutritive

Per Serving (885 g)
pour 1 (885 g)

Calories 540	% Daily Value*
Fat / Lipides 20 g	% valeur quotidienne*
Saturated / saturés 3.5 g	27 %
+ Trans / trans 0 g	18 %
Carbohydrate / Glucides 80 g	
Fibre / Fibres 19 g	68 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1180 mg	51 %
Potassium 1800 mg	38 %
Calcium 225 mg	17 %
Iron / Fer 7.5 mg	42 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



Preheat the oven to 425°F. Prep your ingredients: cut the **potatoes** into fries, drain and rinse the **chickpeas**, halve the **tomatoes**, dice the **pepper** and **cucumber**, thinly slice the **pepperoncini** and **olives**, shred the **lettuce**, and finely chop the **parsley**.



Toss the **potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased and roast for 25-35 minutes until crispy, flipping halfway through.



Divide the **fries** between plates and top with the **shredded lettuce**, **bell pepper**, **olives**, **tomatoes**, **parsley**, **cucumber**, **chickpeas**, **pepperoncini** (leave off if you don't like spicy), and drizzle with **tzatziki**.